



# Commander Seventh Fleet Ombudsman Newsletter

Command Ombudsman - Tiffany Meinke  
May 2004 Volume 1 Edition 15



Winter is now a thought of the past with the stunning display brought about by the Cherry Blossom trees. With the pretty pink blossoms starting us off to a great spring, it is time to wish Mom's far and near a very Happy Mother's Day. Don't forget to put your feet up and enjoy your day!

As many of you know Clair has resigned as Ombudsman. With her PCS move creeping up and a trip she will be taking back to Australia it was time. Please join me in thanking her for the wonderful support she has given to the C7F Families and Staff!

Coronado has moved right in and all is getting back to normal. The ships crew is doing a great job of supporting our staff during the Blue Ridge's dry-docking period. The visit to the Philippines was a great success. Take a moment to look at the C7F website ([www.c7f.navy.mil](http://www.c7f.navy.mil)). There you will find a great article about their port visit and the many wonderful experiences had by all.

While we are on the subject of the website... Summer is on it's way along with a fairly busy PCS season. For those that will be sponsoring an incoming family, our C7F website is a wonderful tool to use in passing along great information. Click the "Welcome Aboard" link at the bottom left of the website. This will take you to a great page the PAO's office created for our incoming sailors and their families. It is full of links to helpful information incoming members can use to make their move a smooth move. If you haven't already, be sure to take a look at the link it is a great addition to our website.

Happy Spring!



**Care Line Phone Number**  
243-9367

**COM 7<sup>TH</sup> FLT Mailing Address**  
Member's name

Division  
Commander Seventh Fleet  
Unit # 25104  
FPO-AP 96601-6003



**If you have any questions or concerns please contact me!**

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## BASE NEWS!

### Mothers' Day Fun Run

May 8 at 0900 in the Club Takemiya parking lot Join this mom and child event. First five women crossing finish line receive MWR gift certificate. Optional Fun Run \$5.00 t-shirt available if patron registers by Monday, April 26. Everyone welcome.



### Yuzawaya Arts and Crafts Store in Kamata

May 23 from 0830 to 1600

Join us for a shopping trip to one of Japan's largest craft stores, carrying almost any item you may need for your craft and hobby needs, including hundreds of Japanese and English cross stitch and needlepoint kits, quilting supplies, ribbons, washi paper, tea box, stained glass, woodworking, sewing and art supplies, yarn, hairclip and necklace items and much more.  
POC: MWR \$10.00 per person

LET'S GO  
CRAFTING!



### Used Vehicle Buying Class

May 22 from 0900 to 1000

Learn what to look for when buying a used vehicle to ensure that you get the most for your money during this free class.



### Japan Jam Comedy

May 27 at 1900 in Sharky's All Hands Brewery  
Starring Scott Kennedy and Eric Passoja.

### 17th Annual USN/JMSDF Sports'

May 28, events start at 1030

Help promote friendship and understanding between US Navy and JMSDF by participating in any event scheduled for this competition including bowling, softball, swimming, soccer, volleyball and a 5K run.



For more information, check the May issue of Focus magazine.

### Pool Openings

May 29

Green Beach, Officers' Club, Ikego and Negishi Pools will open May 29. Operating Hours May 29 through June 12 from 1100 to 1900 Saturdays and Sundays only.



### Summer Camp 2004

Open Registration stars for all camps on Saturday, May 15<sup>th</sup> at 1:00pm. Registration will take place at the new School Age Car Center in building H-20 between the Commissary and the used car lot. Ikego, register at School Age Car Center in the Miyajima Tower Party Room. Negishi, register at the School Age Car Center between base housing area. Call 243-5492 Day Camp, 241-2952 Sports Camp, 241-4100 for Youth Outdoor Adventure Camp

Camp Adventure Day Camp (Grades K through 6)  
Camp Adventure Sports Camp (Ages 7 through 15)  
MWR Cheerleading Camp (no ages given, please ask)  
Youth Outdoor Adventure Camps (Grades K through 12)

### Emergency Pet Care Services

After hours veterinary services can be received from our Yokosuka Base Veterinary Clinic.  
Call 090-1106-3894 after normal clinic hours.



Summer Vacation!

